

Statistics Report 01139, Egg, goose, whole, fresh, raw

Report Date: July 09, 2017 12:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	70.43	3	0.498	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	185	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	775	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	13.87	3	0.120	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	13.27	3	0.636	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	1.08	3	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	1.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.94	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Minerals													
Calcium, Ca	mg	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Iron, Fe	mg	3.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	208	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Potassium, K	mg	210	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Zinc, Zn	mg	1.33	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	36.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.147	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Riboflavin	mg	0.382	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Niacin	mg	0.189	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Pantothenic acid	mg	1.759	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.236	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	76	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	76	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	76	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	263.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	5.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	187	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	185	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, beta	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Cryptoxanthin, beta	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin A, IU	IU	650	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Lutein + zeaxanthin	µg	442	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E (alpha-tocopherol)	mg	1.29	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009
Vitamin D	IU	66	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Lipids													
Fatty acids, total saturated	g	3.595	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.050	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	2.849	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.696	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	5.747	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.394	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	5.353	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.672	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.680	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.554	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.279	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	852	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Amino Acids													
Tryptophan	g	0.282	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.797	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	0.647	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	1.188	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	1.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.624	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.309	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.910	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	0.664	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	0.958	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.828	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.346	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.683	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	0.841	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	1.937	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.457	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	0.520	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003